

## **SEXUAL ASSAULT PREVENTION**

### **Psychological Preparedness**

-----

- Accept the fact that you are a potential sexual assault victim.
- Educate yourself concerning sexual assault prevention.
- Become familiar with sexual assault prevention techniques.
- Become aware of locations and situations where sexual assault is more likely to occur and avoid them, or take precautions.

### **In a Dating/Friend Situation**

-----

- Trust your feelings. If you become uncomfortable in a situation, assertively ask the person to cease and leave. No Means No! Don't worry about hurt feelings.
- If possible, let a friend or roommate know who you are with and where you will be. Leave an address and phone number when possible.

### **In Your Car**

-----

- Keep windows and doors locked.
- If you should be followed into your driveway, stay in your car with the doors locked. Sound horn to get the attention of neighbors or scare the other driver off.
- When parking at night, select a place that will be well-lit when returning to the car.
- Always make sure the car is locked, and have the keys ready when returning to the car.
- Check interior of car before getting in.

### **On the Street**

-----

- Be observant of things around you. If someone is following you, go to the nearest house or store.

- Walk near the curb and avoid passing close to shrubbery, dark doorways and other places of concealment.
- Do not hitchhike.
- Avoid short cuts through parking lots and alleys.
- Walk with a friend if at all possible. Don't walk alone.
- If a car approaches you and you feel threatened, scream and run in the direction opposite of the one the car is going.
- When arriving home by taxi or private auto, ask the driver to wait until you are inside.
- Don't jog in secluded areas.
- Know the emergency phone number to call. Program 911 on your speed dial.

### **In Your Home**

-----

- The best lock cannot function if you fail to lock it. Be sure to keep your doors locked.
- All windows should have secure locks and frames.
- All entrances and garages should be well-lit.
- Never open the door after a knock. Require the person to give their name. In the case of service persons ask for proper I.D. and refuse entrance if you feel uneasy.

### **If You Are Sexually Assaulted**

-----

The best resistance you can use against an attacker is your common sense. Think! Don't panic. The most important element to remember is that you are not trying to fight the attacker, but are attempting to divert the person long enough to get away. Always look for a way to escape.

**If the attacker has a weapon, use your common sense. Fighting against it could be dangerous.**

-----

- Stay calm. Do not do anything that may upset the attacker.
- Try to convince the person to put the weapon down.

- Talk to your attacker, show sympathy and understanding.
- Make the attacker see you as an individual, not as an object.

**If the attacker is unarmed, you may be able to scare, distract or injure the person enough to make your escape.**

---

- Scream "FIRE," "POLICE," or create a disturbance that will attract attention.
- Assert yourself and fight back if you can do so safely.
- Break away and run toward areas with people.
- Be observant so that you will be able to remember and identify the assailant.
- Report the incident to the police as soon as possible.

### **Checklist for Victims of Sexual Assault**

---

You may want to call the local Sexual Assault/Rape Crisis Line () for instructions and support.

- Report the crime immediately to the police.
- Do not shower, douche, or change clothing.
- Have a medical exam and internal gynecological exam as soon as possible. A delay in time may destroy evidence.
  - Semen smears must be taken by a clinician.
  - Inform clinician of exact acts committed upon you and have the clinician note any medical evidence of them.
  - Clinician should note any bruises or injuries bleeding, lacerations, etc., external or internal.
  - Have clinician test for venereal diseases (and pregnancy later, if relevant).

- Do not disturb the scene of the assault.
- Inform police of all details of attack, however intimate, and of anything unusual you may have noted about the attacker. Remember what the person said and how it was said. It may lead to the arrest of the assailant.
- Show police any external bruises or injuries, however minor, resulting from the attack.
- Police may request your clothes for purpose of evidence.
- Inform the police if you remember anything that was not previously reported.